EARTHQUAKE ESSENTIALS

GARRISON

FWA

SUSTAIN SUPPORT DEFEND

SAFETY OFFICE

Prepare a Home Earthquake Plan
Eliminate Hazards
Prepare a Disaster Supplies Kit For Home & Car
Know What to Do When the Shaking Begins
Know What to Do When the Shaking Stops

Prepare a Home Earthquake Plan

Plan to Get Out of the Building

Also Choose a Safe Place

- Away from Windows

- Away from Anything that Can Fall On You

Prepare a Home Earthquake Plan

Practice DROP, COVER, AND HOLD ON at least twice a year.

Choose an out-of-town family contact.

Prepare a Home Earthquake Plan

Consult a professional to find out additional ways you can protect your home, such as bolting the house to its foundation & other structural mitigation techniques.

Take a First Aid Class from - Local Red Cross.

Keep your training current.

Prepare a Home Earthquake Plan

Learn to use a fire extinguisher from your local fire department.

Inform babysitters and caregivers of your plan.

Prepare a Home Earthquake Plan

Pick 2 Places to Meet:

Right outside your home in case of a sudden emergency, like a fire.

Outside your neighborhood in case you can't return home.

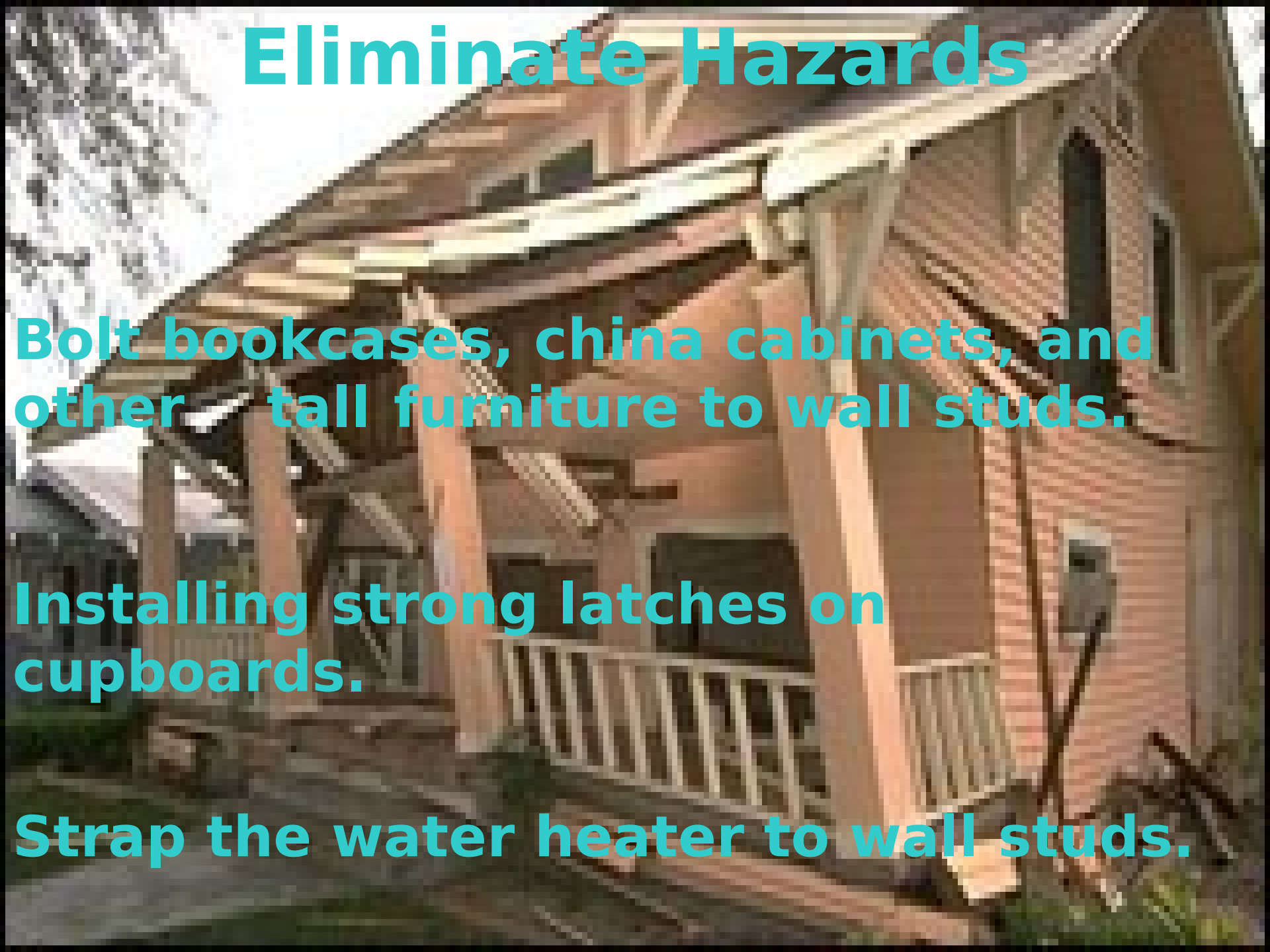
Everyone must know the address and phone number.

Prepare a Home Earthquake Plan

Written instructions for how to turn off gas, electricity, and water if authorities advise you to do so. (Remember, you'll need a professional to turn natural gas service back on.)

Keeping essentials, such as a flashlight & sturdy shoes, by your bedside.

Eliminate Hazards



Bolt bookcases, china cabinets, and other tall furniture to wall studs.

Installing strong latches on cupboards.

Strap the water heater to wall studs.

Prepare a Disaster Supplies Kit For Home & Car

Keep enough supplies in your home to meet your needs for at least three days.

Assemble a Disaster Supplies Kit with items you may need in an evacuation.

Store these supplies in sturdy, easy-to-carry containers such as backpacks, duffle bags or covered trash containers.

Disaster Supplies

A 3-day supply of water (one gallon per person per day).

A 3-day supply non-perishable food & can opener.

Sanitation supplies.

Disaster Supplies

1 change of clothing & footwear per person; and 1 blanket or sleeping bag per person.

Protective clothing, rainwear, and bedding or sleeping bags.

Emergency tools including a battery-powered radio, flashlight, and plenty of extra batteries.

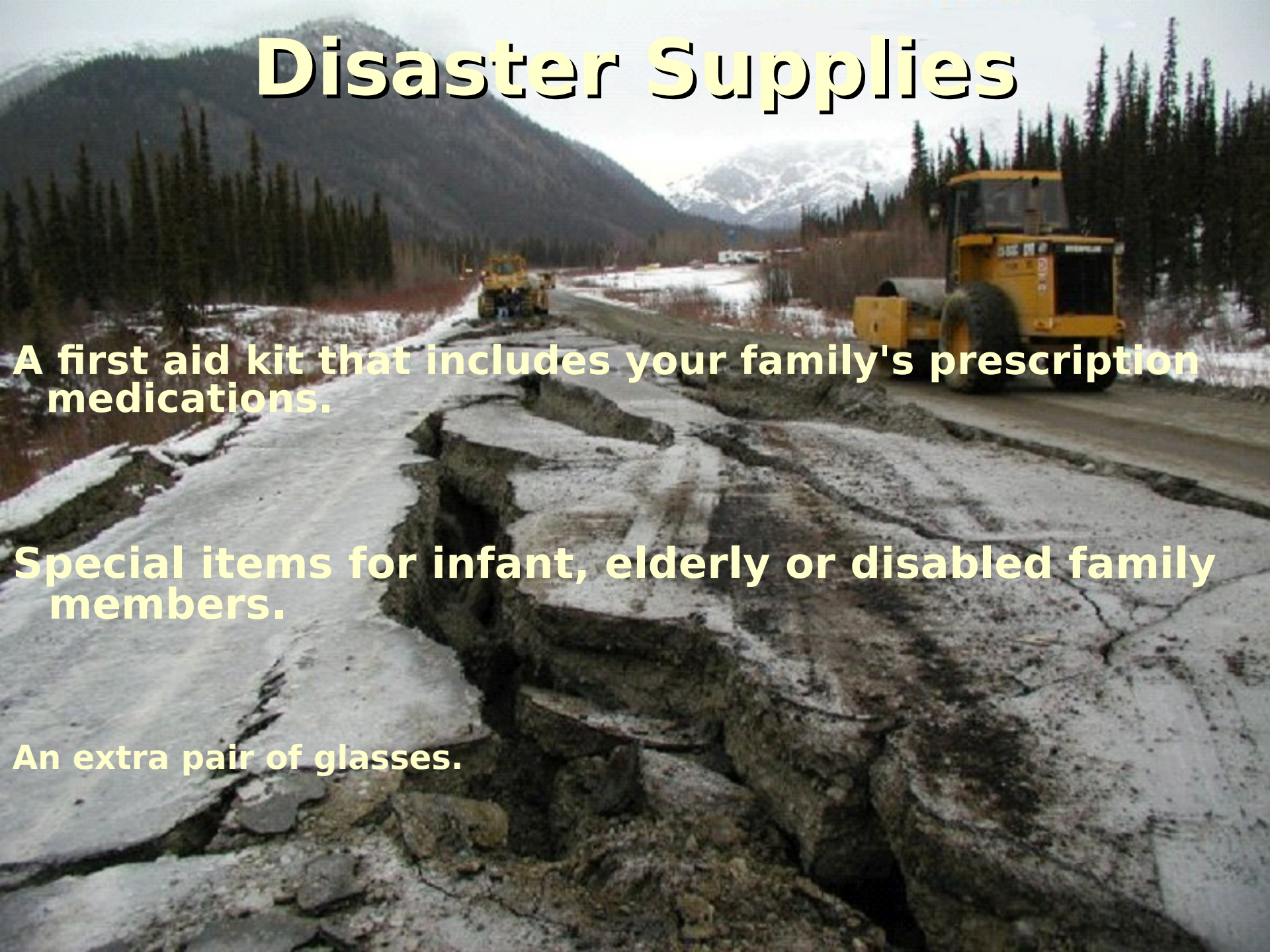
Disaster Supplies

An extra set of car keys & a credit card, cash or traveler's checks.

Keep important family documents in a waterproof container.

Keep a smaller kit in the trunk of your car.

Disaster Supplies



A first aid kit that includes your family's prescription medications.

Special items for infant, elderly or disabled family members.

An extra pair of glasses.

Know What to Do When the Shaking Begins

DROP, COVER, AND HOLD ON!
Move only a few steps to a nearby safe place. Stay indoors until the shaking stops & you're sure it's safe to exit.

Stay Away from Windows.

Know What to Do When the Shaking Begins

In a high-rise building, expect the fire alarms & sprinklers to go off during a quake.

Know What to Do When the Shaking Begins

If you are in bed, hold on & stay there, protecting your head with a pillow.

Know What to Do When the Shaking Begins

If you are outdoors, find a clear spot away from buildings, trees, and power lines.

Drop to the Ground.

Know What to Do When the Shaking Begins

If you are in a car, slow down & drive to a clear place (as described above).

Stay in the Car Until the Shaking Stops.

What to Do After the Shaking Stops

Check yourself for injuries.
Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves.

Check others for injuries.
Give first aid for serious injuries.

What to Do After the Shaking Stops

Look for and extinguish small fires.
Eliminate fire hazards.
Turn off the gas if you smell gas or think it's leaking.
(Remember, only a professional should turn it back on.)

What to Do After the Shaking Stops

Expect aftershocks.
Each time you feel one,
DROP, COVER, AND HOLD ON!

Inspect your home for damage.
Get everyone out if your home is unsafe.

What to Do After the Shaking Stops

Use the telephone only to report life-threatening emergencies.

Practice and Maintain Your Plan

Quiz Your Kids Every Six Months So They Remember What To Do.

Conduct Fire & Emergency Evacuation Drills.

Replace Stored Water Every 3 months & Stored Food Every 6 Months.

Test & Recharge Your Fire Extinguisher(s) According To Manufacturer's Instructions.

Test Your Smoke Detectors Monthly & change The Batteries At Least Once A Year.

BE SAFE
GARRISON
FWA
SUSTAIN
SUPPORT
DEFEND
SAFETY OFFICE
BE PREPARED